

THE PLAME GAME **REVISITED** NAOMI WATTS TAKES ON CIA ROLE (page 10)

IT'S ALL ACADEMIC EXAMS, SELF-TALK & MORE IN LEARNING CURVE (pages 19-24)



MILEY **STAR TO SPEND B-DAY WITH FOLKS** DISH (page 12)

EDMONTON ® net

Tuesday, November 9, 2010 www.metronews.ca





Only five weeks until Christmas

It was a three-bucket job getting the star into position as city workers decorated the Christmas tree at Churchill Square yesterday morning.

Answering the Call of Duty

Gamers flock to stores for newest instalment (page 4)

Women enter hockey Hall

Legends Angela James and Cammi Granato honoured (page 25)

Esks or not, the show goes on

With Eskimos eliminated from playoffs after loss to Riders, Edmontonians pick sides as Canada's biggest party comes to town two weeks from now

Edmonton Eskimos fans haven't taken long to reconsider their allegiances for the 2010 Grey Cup now that their team is no longer in contention.

The Eskimos sealed their fate on Satur day, losing 31-23 to the Saskatchewan Roughriders, missing the playoffs by a mere two points.

"I'm just hoping for a good party," said Eskimos fan Jeremy Malcolm.

"Spirits were already soaking wet after the first five weeks," he said, adding his disappointment in the team's decisive loss on Saturday was lessened by the team's slow start to the season.

This year marks the fastest that the 98vear-old event has ever sold out, and the Grey Cup committee expects another friendly, exciting and moneymaking event regardless of who plays in the matchup. In evidence of this, the Eskimos' direc-

tor of communications and marketing, Dave Jamieson, rationalized a less than

popular hypothetical.

"If Calgary's in, it'll be a great thing for the province of Alberta," he said.

While gold tends to compliment the green at commonwealth, there could be a

In the City of Champions

This year will mark only the fourth time in the Grey Cup's 98-year history that Edmonton has hosted the game.

- 2002 The hometown Eskies fell to the Montreal Alouettes 25-16.
- 1997 The Toronto Argonauts defeated the Saskatchewan Roughriders 47-23.
- 1984 The Winnipeg Blue Bombers beat the Hamilton Tiger-Cats 47-17.

whole lot of white to go along with the watermelon-wearing Rider fans come Nov.

"(Edmonton) is not only an Eskimos city, but a Roughriders city," said Amy McBain, general manager of Overtime South.

She expects her sports bar to be full either way.

It might be a good thing for the wallets of disappointed season ticket holders, too. Packages for the big game are trading for up to \$3,000 on eBay. ● ERIC O'BRIEN

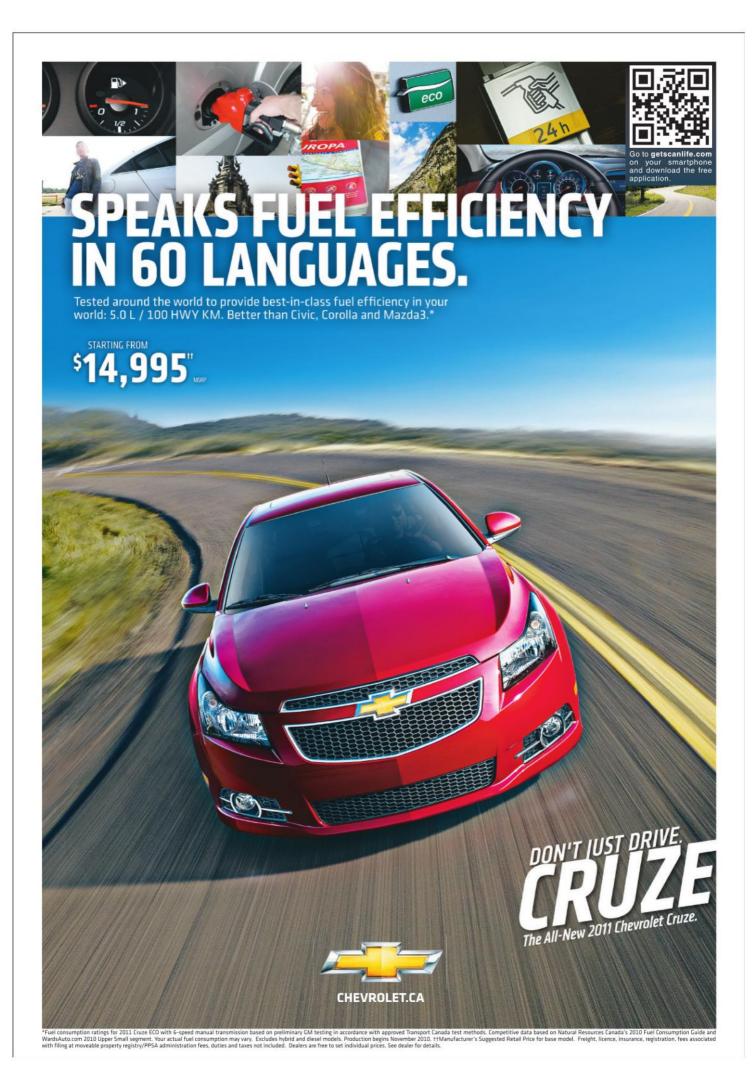


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Kettle bells ring, are you listening?

Salvation Army hoping to raise \$450K ○ Charitable organization seeking an army of volunteers



Snowy streets are normally the first sign of the holiday season, but this year the Salvation Army is beating Mother Nature to the punch.

The annual Christmas Kettle Campaign kicks off on Nov. 18 and longtime Salvation Army volunteer Klaus Gericke is set to take his usual post at Bonnie Doon Shopping Centre.

For four hours a day, four days a week, Gericke is the first person in the mall, ringing his bell and drumming up support for the Salvation Army.

"I respect the Salvation Army highly for their selfless helping of people," he said. "If you're in need, they help."

Gericke said he likes to get to the mall before the

Campaign

- The Salvation Army's Christmas Kettle Campaign is their biggest fundraiser of the year.
- There are about 30 different locations to volunteer at across the city.

stores open since that's when people are at their most generous.

"I get about \$150 an hour," he stated proudly.

"People are very friendly and I wouldn't do it if I didn't receive many donations."

Karen Diaper from the Salvation Army said they're looking for more volunteers to help out with this year's campaign.
"We need about 9,000

"We need about 9,000 hours of volunteer time," she said.

Those interested can contact the Salvation Army at 780-423-2111.



Remember, every little bit helps

Edmonton is cleaning up its act, and it's thanks in no small part to the efforts of some of the city's youngest.

The 2010 Litter Audit, prepared for the City of Edmonton's Capital City Clean Up program, is being released today and Pamela Hafey, the city's public information officer, said the results are encouraging.

"It's good news," she

said. "We're talking about changing behaviours and we're making a difference. Citizens are taking responsibility and the payoff is there."

Participation in the cleanup program continues to rise. Hafey said nearly 1,000 people volunteered to pitch in this year and many of those volunteers came from K-12 schools across the city.

ANDREAS MORSE



News in brief

Missing girl, 11, back home

SAFE. An 11-year-old Vegreville girl suspected of running away over the weekend has returned home safely. Brooke Reum disappeared from her apartment at 3:30 p.m. Saturday and returned home at 12:30 p.m. yesterday. She was

taken to hospital and was found to be in good health. • METRO

Six shots, not eight: Officer

TRIAL. EPS Const. Mike Wasylyshen testified yesterday he Tasered teenager Randy Fryingpan six times, not the eight times he is accused of. He also said he accidentally Tasered himself once, as the two struggled back in 2002.

METRO

news



Gordon Pinsent shocked by popularity of video starring him reading Justin Bieber's memoir. Scan for story.

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- The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

Allan Small says life is very good in an investorfriendly market. More at metronews.ca/ investing



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5 charged following pot bust

Five people have been charged and drugs and cash have been seized after police closed an Edmonton Drug and Gang Enforcement file yesterday. Last Wednesday

evening, officers stopped three vehicles and executed a search

warrant at a home on McLean Crescent in southwest Edmonton.

They seized about \$30,000 in cash, 10 pounds of marijuana, several cellphones and drug packaging paraphernalia.

William David Akerman, 28, Amanda Rae Kossowman, 24, Daniel John Maciej, 28, Dustin Clinton Smith, 29 and Braun Michael Ruschby, 22, have all been charged as a result of the investigation.

More riders | Police warn of violent

Registrations at carpool.ca increased over this past week, officials from the website said, though numbers aren't yet avail-

register at

carpool.ca

Increasing registrations for the site was the goal for the City of Edmonton's fifth annual Carpool Week, which ran from Nov. 1–5. **● METRO**

offender

Police are warning Edmontonians about the release of a violent offender into the community.

Narcisse Paul Tsetta, 39, was recently released from prison where he was serving time for assaults involving a weapon. Police believe he poses a significant risk to reoffend. metro

Local gamers heed the Call of Duty



Hundreds of fans head to Future Shop for the launch of the latest series instalment, Black Ops

EDMONTON@METRONEWS.CA

Parents' basements were unusually quiet last night as hundreds of video game fans lined up to be among the first to own the latest instalment in a popular game franchise.

Gamers keen to own the newest Call of Duty game converged last night at the Future Shop in South Edmonton Common to play and buy a copy of the game.

"It's a store-wide launch from coast to coast," said Shauna Sorensen, customer experience manager for Future Shop South Common. "We're expecting a huge crowd. It's one of the most anticipated

games launched this year." The game is one of the

first 3-D compatible systems, and fans were able to demo it last night at the store

"We're expecting hundreds," said Laura-Lee Lindmarketing co-ordinator for Xbox. "We're giving away prizes and inviting people to come and play Call of Duty on 3-D TV.

"It has a massive story-line and the same multiplayer that's being used for Modern Warfare 2, and that's the biggest multiplayer game on the Internet right now," said gamer Brandon Tetreau. whole point of Call of Duty is the multiplayer. You can keep playing forever.'

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News in brief



Purple poppies pav tribute to animals

REMEMBRANCE. Earth's General Store imported an unusual item to add to its inventory of unusual items lately.

A purple poppy, made in the U.K., is meant to raise awareness and acknowledge the animal lives lost in the service of the military, as well as those lost as a result of military collateral dam-

There's no disputing the poppy's popularity: The 30 the store brought in are already gone.

Council back to business

POLITICS. Edmonton city council got back into the swing of things yesterday as they discussed various rezoning and closure by-

The big business starts today, however, as council will be presented with the proposed 2011 utili-ties and operating budgets. Budget deliberations will continue at the end of the month and into December.

Council meetings are streamed online and agendas are available at edmonton ca METRO

Tames' bail application delayed again

court. Graham James will have to wait a few more days before he finds out whether he'll be granted bail.

The former hockey coach faces sexual assault charges related to his former players.

James' bail application has been remanded to Friday. This is the second delay in his application.

James was previously sentenced to 3 ½ years in prison after he was convicted of sexual assault. • metro

Singledetached housing declines

October construction began on 20 per cent fewer single-detached houses in the Edmonton metro area than last year, but the experts aren't surprised.

"This is what we expected to see," said Richard Goatcher, senior market analyst with the Canadian Mortgage and Housing Corporation.

Goatcher attributes the difference to a late ramping up of construction in 2009 after a slow first nine months, combined with this year's slowdown in the resale market.

@ ERIC O'BRIEN

So far this year there's been an 89 per cent increase in overall housing starts compared to 2009, or 4,079 more units.



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Clashes in Myanmar drive thousands out

• Following weekend elections that were decried by U.S. President Barack Obama as unfair and repressive, ethnic rebels clash with government troops

Mothers carrying babies and grown men hoisting elders on their backs fled Myanmar with 15,000 countrymen yesterday as ethnic rebels clashed with government troops a day after an election widely considered a sham to cement military power.

Fighting raged at key points on the Thai border, wounding at least 10 people on both sides of the frontier as stray shots fell into Thai territory.

It was Myanmar's first election in two decades, billed by the ruling junta as a key stage in its selfproclaimed road to democracy. But the voting has been widely slammed as a sham to cement military power. The country has been ruled by the military near-continuously since 1962.

In the heaviest clashes, Karen rebels reportedly seized a police station and post office Sunday in the Myanmar border town of Myawaddy. Sporadic gun and mortar fire continued into yesterday afternoon.

Thai officials said late yesterday that fighting had quieted and government troops had regained control of Myawaddv.

dy.
The fighting threatened to overshadow electoral

Violate rights

- Visiting New Delhi, U.S. President Barack Obama said it was unacceptable for Myanmar's government to "steal an election" and hold its people's aspirations hostage to the regime's greed and paranoia.
- Obama said leaders in countries like the U.S. and India have a responsibility to condemn such gross violations of human rights. He was speaking before India's parliament.

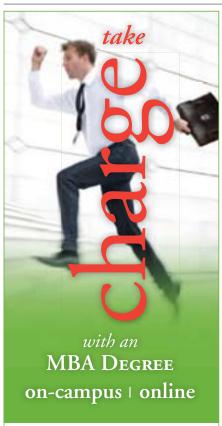
developments, which

include mounting chagrin on the part of anti-government parties over what they charge was blatant cheating on behalf of the military's chosen candidates.

candidates.
The junta-backed Union Solidarity and Development Party was certain to win an overwhelming number of seats. It fielded 1,112 candidates for the 1,159 seats in the two-house national parliament and 14 regional parliaments. The largest anti-government party, the National Democratic Force, contested just 164 spots.

THE ASSOCIATED PRESS







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Knife to throat 'a nightmare': Smart

Accused in kidnapping again removed from the courtroom for singing hymns

Elizabeth Smart awoke when she felt a cold knife on her throat.

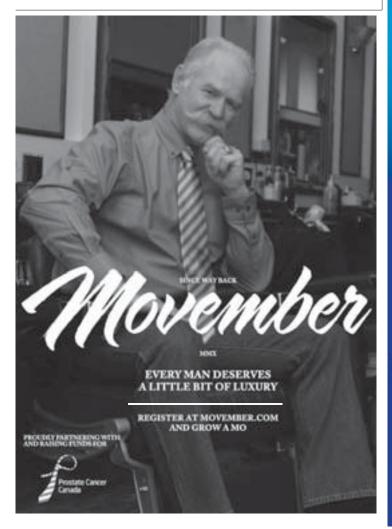
Then she heard a man threatening to kill her and her family if she didn't leave with him.

"He said he was taking me hostage, for ransom. I was shocked. I thought I was having a nightmare," Smart told jurors yesterday, the first day of testimony in the trial of Brian David Mitchell, accused of kidnapping her from her bed in 2002 and holding her for nine months.

Smart's mother, Lois, testified earlier that she hired Mitchell, then known only as a homeless street preacher named "Immanuel," to do handyman work at the family home after she and her

children ran into him downtown and one of her sons encouraged her to give him money.

Mitchell's attorneys say he was influenced by escalating mental illness and extreme religious beliefs that made him think he was doing what God wanted him to. Elizabeth Smart was 14 when she was kidnapped. THE ASSOCIATED PRESS



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Mortgage debt tops \$1 trillion

• Industry report finds Canadians still favour fixed rates

has spiked to over \$1 trillion, largely as a result of high home prices and low interest rates, according to a report by Canada's mortgage industry.

The value of outstanding mortgages is now 7.6 per cent higher than it was last year, the Canadian Association of Accredited Mortgage Professionals said in its annual report released yesterday. The report says higher

Report findings:

Most homeowners are comfortable with their level of mortgage debt.

About 84 per cent said they could afford at least a \$300 increase in monthly mortgage payments.

prices have forced many Canadians to borrow heavily to finance home purchas-

Canada's housing market has been on a tear for much of the past year after the Bank of Canada sent its trend-setting policy rate to an emergency low of 0.25 per cent to stimulate borrowing and consumer spending.

Buyers, spurred by easy access to relatively cheap borrowing, rushed into the market and competed aggressively for homes, which drove prices to record highs. THE CANADIAN PRESS



Obama on the move in India

The United States and India signed six agreements besides a plethora of business deals inked separately during U.S. President Barack Obama's trip to India.



Panel, Congress at odds over BP oil spill claims

The presidential commission investigating the BP Gulf oil spill challenged claims in Congress that the oil company and others sacrificed safety to cuts cost. In preliminary findings issued yesterday, the panel's investigators supported many of BP's own conclusions about what led to the disaster.

The panel's chief investigator, Fred H. Bartlit Jr., announced 13 principal findings, many of which seemed to track with investigations

blowout, including BP's. Bartlit said he agreed with "about 90 per cent" of the company's own conclu-

Under commission procedures, Bartlit presented the findings to the sevenmember panel.

Bartlit said that despite the pressure of operating a \$1.5-million-a-day workers ultimately don't want to risk their lives or the lives of others.

"It's more complicated than that," Bartlit said.

complained. Daniel Becnel, a Louisiana lawyer suing BP and others, called the commission's finding "absolutely absurd." He also took issue with Bartlit's endorsement of BP's view of events.

Internal findings

BP PLC's internal investigation found flaws with contractor Halliburton's cement job and the maintenance performed by rig owner Transocean Ltd.

Wands out for Warner Bros in U.K.

The U.S.-based entertainment company Warner Bros says it plans to buy and expand the English studios where the Harry Potter films are made.

Warner Bros said vesterday it will invest roughly 100 million pounds (\$161 million) in a major expansion of the Leavesden Studios

Chairman and chief executive Barry Meyer said the investment will give Warner Bros a full-time production base in Britain.

"For 86 years, Warner Bros has been intrinsically involved in film production in the U.K.," he said. "Our multimillion-pound investment in creating a state-ofthe-art, permanent U.K. film production base further demonstrates our longterm commitment to and confidence in, the skills and creativity of the U.K. film industry." THE ASSOCIATED PRESS

New cigarette pack labels urged

Ottawa's decision to abandon plans to beef up tobacco warning labels is a senseless policy shift that could lead to increased smoking, smoking-related illnesses and deaths, says an editorial in the Canadian Medical Association Journal.

The editorial in this week's issue of the CMAJ calls on federal Healtȟ Minister Leona Aglukkaq immediately move ahead with updated warnings on cigarettes, despite government's

Health Canada

For the last six years, Health Canada had been looking into redesigning warning labels and increasing their size to 90 per cent of package fronts and backs from the current 50 per cent.

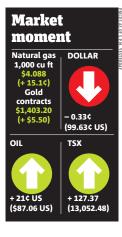
nouncement that the pro gram is on hold while it focuses on cracking down on the sale of cheap contraband cigarettes.

CMAJ editor-in-chief Dr.

Paul Hebert said there is scientific evidence that warning labels on cigarette packages help reduce smoking rates.

In the editorial, Hebert and CMAJ deputy editor Dr. Matthew Stanbrook say that warning labels make smokers more likely to read messages about adverse consequences of tobacco use and about quitting, "to forgo a ciga-rette they were about to smoke, and to try to avoid seeing the labels.

THE CANADIAN PRESS



IS IT ENOUGH TO LOVE THE ONE YOU'RE WITH?



When you've been in a relationship for a while, you inevitably start to hear the same question over and over again, "So ... is this the one?"

nd there it is folks, the one: One true love to have and to hold for eternity. Finding your soulmate can be beautiful and romantic. However, the idea of settling down forever with just one human being sends some commitment phobes running for the hills.

For me, staying faithful to one person for 40-plus years seems like an incredibly difficult commitment — not impossible, but definitely a challenge. I love my "the one" very much, but I some-

times I wonder, as the decades go by will my feelings change?

Almost 40 per cent of couples in Canada will divorce by their

30th wedding anniversary. Statistics like this make it hard to keep our faith in being faithful. It's hard to believe that one other person could satisfy every emotional and sexual need till death do you part. So what are the options when both partners start to

feel like there is something missing in the relationship? Do you stick together and try to work it out, break up, or explore an alternative lifestyle?

When monogamy becomes monotony, some couples are

turning to something (or someone) outside the relationship to spice things up. Open marriages and swinging are no longer the

"So what are the

options when

both partners

start to feel

like there is

somethina

missing in the

relationship?"

taboos they once were. In fact, reality TV shows like Sister Wives and Cheaters are contributing to the mainstreaming of these types of plural partnerships.

It seems the worst part about infidelity (besides the health risks you might subject

your partner to) is the lying and the mistrust. But what about when it is completely consensual? If there is no real element of deceit, can we really call it cheating?

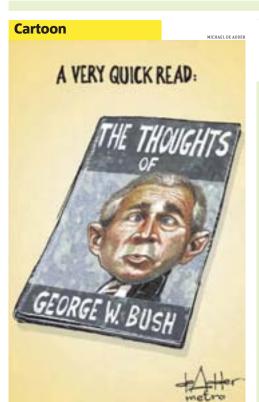
These non-traditional

relationships are a minefield of ethical obstacles that can lead to a number of emotional (not to mention legal) consequences. But as problematic as they might be, many couples believe that becoming romantically or physically involved with other people can be a way to save a marriage, and even make it stronger.

Whether engaging in extramarital activities is right for your relationship is a personal decision unique to every couple. But when a website that facilitates adulterous encounters has more than seven million members, we have to wonder if the concept of monogamy is starting to become extinct.



Read more of Jessica Napier's columns at metronews.ca/shesays



No silly shirts for leaders

Worth mentioning

For some Pacific Rim leaders, this will surely come as a relief: No kimonos or other special attire for the annual group photo.

Over the years, one of

the most memorable moments of the annual Asia-Pacific Economic Co-operation summit has been what's come to be called the "silly shirts" photo, often representing

the host country's culture.
The 21 APEC leaders
have posed for together in
Javan batik shirts (Indonesia in 1994), flowing ponchos (Chile in 2004) to
Vietnamese "ao dai" — elegant silken tunics in
which several of the leaders were visibly ill at ease



— in 2006.

But this year in Japan, the leaders were instructed to come in "smart casual" for Saturday's photo, said a government official, who spoke on condition of anonymity, citing department rules.

The Japanese official cited the timing for the photo session, which falls between a traditional

Kabuki theatre performance and an official dinner hosted by Prime Minister Naoto Kan, as one possible reason for the relatively staid choice.

The typical tight-fitting traditional kimono is not very comfortable or suitable for a photo session, said another official, though he did not explain why. THE ASSOCIATED PRESS

Is the poppy valid recognition for war veterans?
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Metro Minute with Procol Harum

One of Edmonton's greatest contributions to rock history will be repeated tonight. Procol Harum reunites with the Edmonton Symphony Orchestra and the Da Camera Singers for two nights at the Winspear Theatre.

Theatre.

The band's visit comes
39 years after the collaboration that resulted in the
album Procol Harum Live

In Concert With The Edmonton Symphony Orchestra. The album, released in 1972, became the first ever gold, and then platinum-selling album to feature an orchestra, and its single, Conquistador, became the band's highest-reaching North American entry on the Billboard charts.

The concert starts a 7:30 p.m. ● METRO





Scene in brief

Warner Bros, has an-

nounced plans to buy and expand the English studios where

the Harry Potter

Warner Bros says it

will invest roughly \$161-million in a ma-

jor expansion of the Leavesden Studios.

Chairman and chief

executive Barry Mey-

er said yesterday the

investment will give

Warner Bros. a stateof-the-art, permanent UK production base.

The studio is also

responsible for

pleted in 2012.

Inception.

recent hits such as

The enlargement program will be com-

films are made.

All's fair in Hollywood justice

◆ Joe Wilson and Valerie Plame, smeared by the Bush administration, tell their story ◆ Naomi Watts and Sean Penn star as the couple



In July 2003, Joe Wilson published an article in the New York Times outlining why he believed the Bush administration was lying to the American public so it could fast-track the Iraq war.

The government's response was to out his wife's, Valerie Plame, classified position with the CIA and launch a massive media smear campaign that almost ruined their lives. As it became obvious that a certain president was more suited to watch kid's cartoons than run a country, their names have since been cleared.

Now, the film Fair Game (starring Sean Penn and Naomi Watts as the cou-

Quotables

What the real star of Fair Game is saying

- Valerie Plame's first reaction to the movie "The producers had approached us ... but we knew nothing about Hollywood and that world."
- Plame on Naomi Watts "We've become friends. I mean, we're both working mothers, really at the end of the day..."

ple) further explores the injustices they endured.

"Obviously, there was apprehension towards the movie because of the way our story had been reported," Wilson told Metro.

"But we were consultants on the movie and worked with the director to make sure that the script was as true to the facts as possible."

In a rare instance of truth triumphing over fiction in Hollywood, the couple was able to ensure its story was accurately represented with a few limitations.

"Like every CIA employee, I signed a secrecy agreement and that's good for a lifetime," said Plame. "There were some things that were off limits and they understood that."

Plame and Wilson are pleased with how Fair Game turned out, even if it can be difficult to watch.

"I've seen it three times now and ... it is not yet therapeutic. It's still pretty raw to have to go back and relive what we went through," said Wilson.

However, they recognize their story carries cultural significance worthy of the attention.

"We want people to walk out of the theatre and not see it so much as a black mark on the Bush administration per say, but against power and the abuse of power in general," explained Plame.



Talking about Scott Pilgrim

• Creator of the comic book series reflects on going from one graphic novel to mega success



PHIL BROWN SCENE@METRONEWS.CA

Bryan Lee O'Malley has gone from a burgeoning artist with a critically acclaimed graphic novel to one of the most beloved comic book community figures. The reason? His Toronto-set series Scott Pilgrim about a 20-something

whose life is filtered through a pop culture cocktail of manga, movies, and vintage videogames. With a Hollywood adap-

With a Hollywood adaptation hitting DVD this week, Metro spoke with O'Malley about the recently completed Scott Pilgrim saga.

How did the idea of depicting

Pilgrim's life through this surreal pop culture lens come about?

The books were a way of getting all that stuff out of my head, onto the page. Weirdly, that happened to be what really catches on with a lot of people.

I didn't really think it was for everyone. I thought it was just my personal obsessions, but it turns out to represent a lot of people's experience from growing up in the '80s and '90s.

Did you ever think it could be a film?

No, I started talking to [director] Edgar Wright right after the first book, but I never thought there would actually be a movie.

I think it worked because ... we both approach American pop culture as outsiders, him from the UK and me from Canada.

We never felt like that was our world, but we wanted to create something that synthesized our world and that kind of fantasy world.

CLUB METRO & SONY ERICSSON CONGRATULATE HEATHER CARLSON!

Heather Carlson was the lucky grand prize winner of the Club Metro and Sony Ericsson – Mini But Mighty Contest!



Seen with **Heather** and her new Sony Ericsson Xperia™ X10 mini phone & 2011 Mini Cooper she picked up from **Downtown Mini** in **Toronto** is (from left to right) Metro Canada National Account Manager – Marc Lawrence, Metro Canada Marketing and Interactive Director – Jodi Brown, Head of Sales for Sonv Ericsson **Mobile Communications** - Ken Le and Marketing Specialist for Sony Ericsson **Mobile Communications** – Roshni Wijayasinha

Sony Ericsson make.believe





Miley to spend b-day with fam

Miley Cyrus turns 18 in two weeks, and the Disney megastar wants nothing more than to spend it with her family.

"(My family and I) need time to all be together," Cyrus tells MTV News. And sources tell Popeater that Cyrus' success may have played a role in her parents' current divorce battle.

"Both parents have been equally involved in making

their daughter a superstar, and now that they have achieved their goal they have nothing to work towards anymore and nothing to keep them together," a source says.

a source says.

"You would think that someone like Miley has everything in the world, but I guarantee she would give it all up in a second if it kept her family together."

METRO





Lohan has a visit with her father

● Michael visited Lohan at Betty Ford Clinic ● Spent several hours together, including shopping at a mall

Michael Lohan's recent good behaviour earned him some time with daughter Lindsay Lohan over the weekend, according to Radar Online.

"Lindsay met Michael at Betty Ford and the pair spent hours together. It was not a fleeting encounter, this appeared well-planned in advance," a source says. "They also went shopping at a local Palm Desert mall, where they were seen walking around together and at one point, were in a jewelry store."

When asked about the meeting, Michael kept up his new policy of not talking to the media, saying, "I have pledged not to comment about anything relating to my daughter. However, what I will say is that I am an incredibly proud father tonight. My daughter is progressing extraordinarily well."

Meanwhile, Dina Lohan

Meanwhile, Dina Lohan insists that daughter Lindsay is doing so well in rehab that she wants to go into the business herself when she gets out.

"She wants to start her own facilities, help other



children," Dina told Matt Lauer during an interview on the NBC's Today show. "She's so public, we can only be positive and look to the future to help other families."

METRO



Aguilera seen with a new man

Christina Aguilera enjoyed a night out recently with pals Nicole Richie and Joel Madden as well as a mystery man who turned out to be Matthew Rutler, her set assistant for her new film, Burlesque, according to the Daily Mail.

While dining with a colleague is hardly suspicious, their exit from the SoHo House raised some eyebrows, as Rutler reportedly hid under a blanket in the backseat of Aguilera's car to avoid the press.

METR

Allen's health improving

Lily Allen's condition is improving, her representative tells People magazine.

The singer is being treated at a London hospital for septicaemia, a bacterial blood condition.

Allen "is responding well to treatment and her condition continues to improve," her rep says. "Lily thanks everyone for their messages of support and again asks that she and partner Sam Cooper be left alone whilst she recovers."

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In a scientific feat that almost defies imagination, Canadian researchers have transformed human skin into different types of blood cells. The achievement by Mc-

Master University scientists is being hailed as a breakthrough that could one day help patients needing transfusions for surgery, to treat potentially deadly blood disorders or to offset the destructive side-effects of chemotherapy.





We're bringing breakfast back

◆ Eating in the morning is good for you ◆ But no need to force it down



Turned off by breakfast?

No need to force yourself. Nutrition experts have been telling us for years that we should eat breakfast. But this doesn't mean you have to choke down food when you're not hungry yet.

"Breakfast is, indeed, important," says nutrition guru Dr. David Katz, director and co-founder of the Yale Prevention Research Center in New Haven, Conn.

"But exactly when and exactly where you eat it is up to you."

According to Dr. Katz, people who eat breakfast tend to be healthier and leaner than those who skip it.

One new study even shows that eating breakfast is good for your heart. Yet, many people don't realize it's not crucial to eat breakfast the minute your feet hit the floor in the morning.

If you aren't hungry when you first leave home in the morning, but get hungry at about 10:00 a.m. or 10:30 a.m. while at your desk, it's still healthier to eat something then, than to fast until lunch time.

"I routinely have breakfast that late, because that's when I get hungry for it," says Dr. Katz. "If I can't eat a late breakfast at home, I take it with me."

Dr. Katz is an internationally renowned authority on nutrition, weight management and prevention of chronic disease.

He has written more than 100 scientific papers, almost 1,000 newspaper columns and 12 books on nutrition.

And he's an advisor to U.S. President Barrack Obama.



Morning rush

Nutrition expert Dr. David Katz takes a mix of whole grain cereals and fresh fruit for his late-morning breakfast. Here are his recommendations for breakfast on the go:

- Dried fruit and nuts (packed with nutrients, easy to carry, great shelf lie. But don't get ones with lots of sugar and salt added).
- Larabar Raw Food Bar chocolate coconut chew bars.
- Nature's Choice multigrain cereal bars.
- Wholesome Goodness bars.
- Yogurts that are all about milk

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STRAIGHT FINANCIAL TALK YOU CAN USE



Treating a mob boss

▶ In real-life twist on Sopranos, some Italian mobsters attend therapy ▶ Snitches, bad hair among problems

The mafia boss was having a dreadful time dealing with loss. But he wasn't struggling with the loss of lives, or even the loss of his freedom.

"Doc, it's my hair," the mobster from 'ndrangheta crime syndicate confessed to his psychiatrist in jail. "I'm afraid of losing my hair.

"And look at these spots on my arm. See them?" he half-pleaded as he rolled up a sleeve and thrust out his arm.

"But your hair is fine. Absolutely fine. And there aren't any spots," Dr. Gabriele Quattrone tried to reassure his patient who had tied himself into a knot of anxiety over the hair he believed to be falling from his head and imaginary blotches popping up all over his arms. Quattrone is one of a tiny corps of psychothera-



pists who have treated Italian organized crime bosses or their family members.

Patients include dons haunted by nightmares, turncoats tormented after ratting and wives frigid by rigid codes of loy-

In exclusive interviews

with The Associated Press, granted on condition that the identities of the mobsters not be revealed in line with doctor-patient confidentiality, the doctors offered rare insights into the secretive, increasingly strung-out world of Italy's centuries-old criminal organizations.

But seeking help is risky

Among mobsters, visiting a psychologist is a weakness you can pay for with your life. Palermo psychologist Girolamo Lo Verso recalled the case of a mobster's son who told another therapist at a public mental health facility,
"'If my father knows I

come here, he'll kill us.'

"If you're a mafioso, and you're anxious, you're not trustworthy and you have to be eliminated," said Lo

"A mafioso is paranoid about everything"—trust-ing the mafia code of si1ence ("omerta") more than the medical code of patient confidentiality.

The state's war on organized crime has put hundreds of bosses behind bars, sometimes for decades, sorely testing the mental health of spouses, children and even the mobsters themselves

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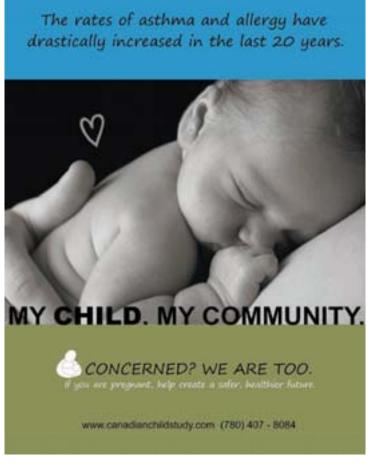
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Dinner variations

• Rice and quick-frying steak make a dish that's fast and easy



Preparation:

In a large skillet, cook steak, onion and thyme over medium-high heat in oil until meat is no longer pink; drain. Add wine; simmer, uncovered, for 10 minutes or until liquid has

Stir in tomatoes; cover and simmer 15 minutes longer. Add corn and heat through. Serve with rice.

Ingredients:

- 500 g boneless beef top round steak, cut into strips
- 1 medium onion, cut into 1/4-inch wedges
- 1/2 tsp dried thyme
- 2 tbsp vegetable oil
- 3/4 cup red wine or beef broth
- · 398 mL can diced tomatoes, undrained
- 2 x 284 mL cans corn niblets, drained

Hot cooked rice

Forget wine — and rediscover a good Kentucky bourbon



On these cold, far too rainy days of November I often forgo a glass of vino in favour of a warming shot of whisky (which, for the sake of consistency I will spell without an "e" throughout this column).

Mention whisky and most thoughts turn immediately to Canadian, Scottish or even Irish, versions, but in the last few years American whisky has made some major inroads into our fare country.

While our friends in the lower 48 make a variety of whiskies, bourbon hands-down their most famous. Originating in Kentucky, bour-bon can actually be produced in any U.S. state as long as it meets certain criteria: Arguably the most important factor being that it be made

with at least 51 percent corn.

Of all of America's mainstream bourbons Maker's Mark (\$37.95 – \$39.99) has carved out a nice niche with its rich flavour profile and distinctive package that features a unique square-bottomed bottle and groovy red latex-dipped cap sealant.

With exotic tropical aromatics and a well-wooded, caramel-meetsbarrel char mouth feel it's an ideal introduction to the what Ameri-

can whisky has to offer whether on its own, over ice or with a dash of spring water.

Prices reflect the range across the country.

Some prod-ucts may not be available in all provinces.







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WIFE WANTS TO TOP THE MESS

Smug Marrieds

ANGELA PACIENZA & DEREK **CHEZZI**

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My husband never cleans up after himself. I'm sick of being his maid! How do I make this stop?

Angela says...

Have you asked him directly, or are you expecting him to suddenly notice that he should do it? The direct approach always seems to work better with the male species. Dividing the work is also key. In our house, one person makes

dinner, and the other cleans up. Works brilliantly. It's often a race to be the first one home after work. And in the interest of full disclosure, we have a cleaning person who comes every two weeks, thus avoiding the "who's turn is it to clean the bathroom" discussion.

Derek says...

Are we talking about a messy desk and pile of clothes, or is this crusty dishes under the sofa? While there's no excuse for an adult man to neglect cleanliness to the point of allowing bacteria cultures to grow in the living room, you might be faced with an incurable condition at this point. In which case, you should invest in a hazmat suit and industrial cleaning service. But if he's an average sloppy guy, start small: Ask him to make the bed and throw in a load of laundry once a week. Build from there. Reward him with a bottle of 12-year-old Macallan scotch.

QUICK CHATS LED TO LOVE

Names: Shannon, 25, and Andy, 38

Hometown: Toronto

Together since:

Their

How We Met: Shannon & Andy

"Andy and I (Shannon) met when I started a new job at a medical office he was the Purolator guy.

"One day, Andy came into the office with a package I was expecting - I had ordered something from a motorcycle shop. Being a rider himself, he recognized the name of the store and was very curious about the contents. Having discovered our joint passion for motorcycles, our conversations be-



came more frequent. Andy would even stop into the office empty handed just for a quick chat.

"About two years later, we had our first date — on a motorcycle, of course! We went for a beautiful summer ride and rode by the waterfront in Port Perry, Ont. It was there - 36

minutes into our first date - that I knew he was "the one." I asked him to marry me. He said yes and kept me waiting (im)patiently for him to surprise me with a proper proposal. Andy finally proposed in January 2010, at the same place in Port Perry where I had asked him to

marry me. After some drama, a bit of stress and a wedding venue cancellation, we finally tied the knot in September 2010 in Toronto.'

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY.

Facebook knows when the breakup is coming



Are you in a relationship in and around Easter, two weeks before Christmas or even every Monday?
Beware! These are the

peak times when we tend to break up — at least according to an intriguing infographic that Facebook to chart when people are splitting up. British journalist and

graphic designer David Mc-Candless, whose expertise lies in showing data in visual ways, is the architect behind the love-testing graph.

To produce it, McCandless searched 10,000 Facebook status updates (from a period of 12 months) for words like "broken" and "breakup" that suggested romantic relationships had ended.

He then plotted the data to reveal when Facebook users were most likely to get dumped over the course of a year. By his estimations, Christmas Day is the safest time for a relationship, but the two weeks leading up to Dec. 25 are dangerous in lovers' calendar; so too are Easter



Christmas Day is the safest time for a relationship, but the two weeks leading up to it are dangerous for lovers.

"(Relationship breakups) have a minipeak every Monday, and flatten out over the summer." DAVID MCCANDLESS

and even regular Mondays. "(Relationship breakups)

have a mini-peak every Monday, and flatten out over the summer," David McCandless said at a TED conference of thinkers and

inventors as he was showcasing his curious study.

On the thought of splitting up on Christmas Day, McCandless said: "Who would do such a thing That would be cruel!"

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Metro Edmonton is seeking a full-time Distribution Auditor to be a part of

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- · Ability to work at irregular hours (some evening work required)
- Assertive self-starter with own vehicle
- An adequate team player with an adaptable attitude

Individuals interested and having the skills described are requested to submit their resume and cover letter via email to hr@metronews.ca no later than November 15, 2010. PLEASE QUOTE: "DISTRIBUTION AUDITOR - EDMONTON" in the subject line. All submissions will be treated as confidential.





RE USII

here are two the TSX ways to borrow Composite from your RRSP. Index, for example, returned First is through the RRSP Home over 10 per cent Buyers' Plan, for annualized over the past 50 first-time home buyers, and second is through the Lifeyears. If you long Learning Plan, for eduwithdraw \$5,000 cational expenses. These at age thirty, for Canada Revenue Agency example, that money comprograms allow you to pounded at 8.5 per cent for withdraw funds without a twenty-five years adds up tax penalty. If you 'borrow' to just less than \$40,000 (before tax) when you're outside these programs before retirement to pay for a fifty-five. So you'd miss out trip or a car, the withdrawon nearly \$35,000 in compounded interest and reinal is considered income in the year you received the vested returns by funds and you'll pay hefty withdrawing taxes.Plus you'll derail your early.

Second. savings goals. The RRSP Home Buyers' when you repay one-fifteenth (Home Plan allows you to borrow up to \$25,000 tax-free from your RRSP (it can't be Buyers' Plan) or onelocked-in) to put toward a tenth (Lifelong Learning down payment for your pri-Plan) of those borrowed mary residence. If you buy funds each year, you don't get any tax write-offs on those repayments because a home with a spouse or common-law partner, you're partner can also they aren't considered RRŠP contributions; it's not withdraw up to \$25,000. new money. Third, if you can't re-You'll have fifteen years to repay the funds to your

pay the minimum amount, you'll be taxed on the difference between what you still owe and what you paid.

The primary benefits of the plans are that first; they promote home ownership and education - both valuable investments. Second; repayments don't impact your annual RRSP deduction limit. Also, if you're flush with cash you can repay earlier.

If you're thinking of buying your first home or going back to school and you can afford not to use these plans, don't. The loss of compounded interest and reinvested returns on your RRSP will seriously impact your net worth goals. But, if you need to borrow use these programs and endeavor to repay the money as quickly as possible to avoid losing out on growing your monev Whatever you do, avoid withdrawing from your RRSP outside of these

Don't go in debt to pay for gifts, start saving

Simple ways to cut expenses from now until Christmas that will help ease the cost of gift buying No need to be a Scrooge if you start saving now

Keep your holiday gift debt to a minimum by building up a cash cushion

According to a moneyville.ca on-line poll the average holiday gift tab will be just over \$600 this year. And it will all be spent during the sev-

weeks tween now and Christmas.

With a little bit of belt tightening you will have the cash for holiday presents and no nasty credit card bill in the New Year.

Brown bag it. I know 1 you've heard this one before but it really does work. Cut out three lunches a week at

\$6 a pop. Saved:

 $2^{\text{Can}}_{\text{cof-}}$ the take out

fee\tea\latte\cappuc-cino\donut. This is another money saving nag

but, as with

the brown

bag, it really works and once you get used to it the pain of dep rivation disappears. Saved: \$100 (based on a medium coffee and donut

once a day) 3 Scissors and Comb. I've been cut-

ting my husband's hair for 30 years. I also cut my two daughters' hair and now my wiggly grandson. I figure I've saved thousands and one of these days they're going to get an invoice. Cut out one haircut

4Do your own.

Maybe not

ON MONEY

ALISON GRIFFITHS MONEY@METRONEWS.CA



But manicures and pedicures are actually quite relax-

ing and fun to do on a winter evening. Saved: \$50

5Eat In. You can do it! Try to make it to Christmas without eating out at night. Saved: \$225. (assuming you would normally eat out three times between now and December 25.)

Total Savings: \$601

Those living, working and shopping in the downtown area may scoff at my suburban prices. So take 30 minutes and see what you come up with. I'm betting you could hit \$1,000 easily.

Interest rates/

Savings accounts



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Black Friday for Canadians too

Boxing Day isn't the only time Canadians will be able to save big this holiday sea-

That's because Black Friday, the busiest American shopping day of the year (the Friday that follows Thanksgiving in the U.S.), has been picking up steam in Canada. Even though it's traditionally an American occasion, Canadian retailers and online retailers that ship to Canada have been making strong showings.

In 2009, major mer-chants participated including Amazon.com, Apple, Dell, Old Navy, The Source, Expedia, Newegg,



Bluenotes, and Zellers.

This year, Black Friday falls on Nov.26. If you want to track down the best deals and participating retailers, deal hunting websites like RedFlagDeals.com have extensive Black Friday coverage for Canadian shoppers.

RedFlagDeals.com founder and shopping expert Derek Szeto explains,

"Canadian retailers are joining the fun. Even if Black Friday isn't a Canadian tradition, it's as good a reason as any to hold a sale customers. attract

retailers have taken part in recent years, and we expect an even bigger showing in 2010."

Szeto also thinks that online retail is ideal for the occasion: "Online shopping is the big equalizer. It gives us the option of finding deals from American retailers without having to physically cross the border."

With big savings on the line and the chance to get some holiday shopping done early for less, and it might be time to mark November 26th, this year's Black Friday, on your calendar. news canada

compounded interest and re-invested returns on those funds. Money grows exponentially over time and when you reduce the money in your RRSP account, you earn less interest and sacrifice poten-

are drawbacks. First, when you take money out of your RRSP, you lose the power of

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you can participate in the plan again (unlimited lifetime participation).

You can't use this

child's training or

tion (cra.gc.ca).

program to finance your

education. Check out the

Canada Revenue Agency

website for more informa-

These plans make sense

for some people, but there

common-law partner.

More and more Canadian

Defeating exam stress

♠ Healthy lifestyle during midterm time can keep you stress-free



Mid-term exam season can be stressful but you can survive it if you stay healthy, stay organized and keep your eye on the bigger picture.

Margot Bell, associate director of student development at the University of British Columbia, says good health habits go a long way to keeping you as stress-free as possible during mid-term season.

"You have to take care of your health. Sleep, eat, rest, relax and it'll make you a better student overall. Health habits tend to shift because students start spending all their time trying to focus on their exams. It all just creates stress by putting you in that pressure-cooker," Bell said.

Your study sessions will be more productive if you

"You just don't retain as much when cramming. You're sleep deprived, your brain is working less effectively and you're neglecting other area of your life. You can't memorize the material in such a short time anyways"

MARGOT BELL, UBC

tally up how much time you have left, how many topics you need to sensibly cover and create a schedule that makes sense. Think divideand-conquer instead of trying to leap headfirst into the endzone.

"Stress management and time management really go hand-in-hand. Set reason-



able, manageable goals and divide the work into smaller tasks. Set a schedule that builds in rest time and study time." Bell said.

Most importantly of all, don't get caught up in negative thoughts – regardless of how you do on your midterms, you'll be able to start fresh and try out good habits again with a look towards final exams.

"Being prepared in advance is ideal and it's never too late to start implementing good strategies and habits. If you mess up, you can put what you've learned towards December anyways.

Staying energized

Reed Hilton-Eddy, learning strategist at Ryerson University, says constant tired feelings can be a classic symptom of being stressed, so don't make it worse by constantly napping. "Some forms of stress can make you lethargic and tired so in those cases a nap might not be the right idea. Do some exercise instead." he said.



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Institution creates endowment fund to help students • Fund to set aside \$50,000 yearly to help women



The goal is simple: One thousand women giving \$1,000.

Thousand Women: A Million Possibilities movement is NorQuest's plan to help create a \$1 million endowment fund to help students in need and to create a network philanthropy for

"It is more than just writing a cheque. It is get-ting together and working towards the same goal," said Karen Faulkner, executive director for community relations and the foundation.

The movement began in April of this year and has already reached over \$144,000.

The goal is to hit a \$1 million by April 2013 and it is not just for women students.

"All students can benefit from this," said Faulkn-

In the 2009-2010 school year, more than 600 students applied for assis-



school's Emergency Fund, but the school only had 09/10 with \$54, 898 enough funds to assist 83 80 students were helped in students.

"The demand is there ar after year," said Faulkner.

This fund will see \$50,000 set aside each

year to help students in need.

Donations can be done in a group, or can even be broken down over three years, making the donation \$28 per month, or less than a \$1 a day.

"We wanted to make it accessible to all woman.

said Faulkner.

"It is just an untapped

Not only is this movement a chance for women to give back to the community, but it is also a chance for women to get together and network.

At each function, a stu-

dent from NorQuest is on hand to speak to how the fund personally helped them.

Donations do not need to exclusively need to come from women.

"We certainly will not turn men away," Faulkner.

Emergency fund

- 70 per cent of NorQuest's student body is women. 35 per cent have dependents (men and women)
- 83 students were helped in

08/09 with \$30,717 About 600 students

applied for assistance from the emergency fund in 2009-2010



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Photography Students Help Curb Hunger



ANDREW COWIE

Full Frame 47 is a club at NAIT for current photographic technology students, and they're holding their annual print sale with part of the proceeds going to the Edmonton Food Bank.

Kat Hawn, president of Full Frame 47, said with a growing trend of students and their families needing the food bank it was an easy choice to make.

"I think it's hard to argue against being involved with a charity... especially when we have the opportunity to see what kind of impact the organizations have on our community," said Hawn.

According to the NAIT student association Food Bank Assistance Program, 41 people so far this year have used their services, compared to 11 people who used it in 2008.

Hawn said another benefit to shows like this is the introduction it gives the club members to the professional side of photography

"I think it's hard to argue against being involved with a charity... especially when we have the opportunity to see what kind of impact the organizations have on our community."

NAIT numbers

Stats from the NAITSA Food Bank Assistance Program on how many NAIT students and students' family members use the program.

- 2006: Four people utilized the Food Bank regularly.
- 2007: Nine people utilized the Food Bank regularly.
 2008: 11 people utilized the Food Bank regularly.
- ularly.

 2009: 54 people utilized the Food Bank regularly.

 2010: 41 people to date have utilized the Food Bank regularly.

and to help get their names known.

The event provides exposure to our work and allows us to start getting our names out as professionals, which is extremely important, "she said.

Hawn said that the club put a tremendous amount of work into their creations, from the point the photo was taken to the mounting and cutting of the finished product.

"From shooting the photo and printing the print, to cutting our own mats and putting it all together – each piece is done entirely by the individual photographer," said Hawn.

The Full Frame print show will be held November 30 on NAIT's main campus in the South Lobby from 9 a.m. to 5 p.m.



MacEwan takes caps off for children's charity

• University's first depot opens at city centre campus cafeteria • Students can donate caps for cash



Edmonton's Grant MacEwan University is turning junk into dreams with its new "Caps Off" program.
The partnership between

the university, the Alberta Beverage Container Recycling Corporation and the Alberta Bottle Depot Association allows students to donate the caps off their drink bottles and turn them into cash donated to the Rainbow Society of Alberta, a charity that makes dreams come true for children who have chronic or life-threatening diseases.

Dana Schmidt, the university's sustainability officer, says the program started in October.

"It's been going well," she said. "We're hoping that as the program grows, we can foster it out to more of our department offices and faculty offices and maybe the student residences.'

Each cap is worth about \$0.02 and they are recycled into plastic lumber and other reusable materials. The bottles are separately recycled as normal. While Schmidt doesn't have hard numbers for the MacEwan program yet, she notes that the Caps Off program has collected some 130,000 to

"It's been a very positive reaction. We had a large kick-off event and lots of students came by," she says.

works,

Caps Off for Kids is an industry partnership between the Rainbow Society of Alberta, the Alberta Bottle Depot Association, the bottle depots and Alberta Beverage Container Recycling Corporation that supports the granting of wishes for Alberta's chronically ill children, and also helps keep plastic caps out of landfills.

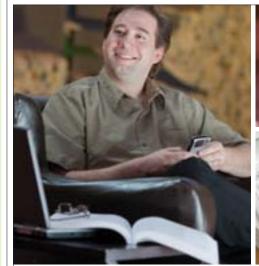
Plastic bottle caps are collected for recycling and returns to Alberta bottle depots. All the money raised from the sale of the plastic cap materials is donated to the Rainbow Society of Alberta.

Universities other institutions can obtain a Caps Off for Kids collection kit, including plastic buckets to collect the caps, posters and promo-tional materials to help support their efforts, by emailing capsoff@abcrc.com or going to abcrc.com/ community-champions/caps-off-program.

O JON TATTRIE



➤ The Rainbow Society of Alberta makes dreams come true for chronically ill children.









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U of A tackles truth and lies

Festival of Ideas back by popular demand for 2010



anta io s al eV

ble Prize winner are among those who will be a part of the University of Alberta's 2010 Festival of Ideas.

The festival was first held in 2008 as a part of the university's centenary and is being brought back due to its overwhelming success the first time around.

"It was a smash hit," said Debra Pozega Osburn, cochair of the Festival of Ideas.

"Everyone who attended just said, 'Wow.'"

This year's theme, "Truth and Lies: Trust Me" and the goal of the festival is to engage the community in discussions and debate a wide range of ideas.

"It is to get people to question what they think they know. We want people to take a step back and challenge the preconceived notions," said Osburn.

Held Nov. 17 to 21, this year's festival brings together performers, writers, visual artists, scientists and intellectuals. "It is quite a di-

verse bunch," said Osburn. This year, the festival will be expanding beyond Ed-

monton's borders with an event in Calgary and Camrose.

More information can be found at festivalofideas.ca.

Rap and kids at fest

The Festival of Ideas really does have something for everyone.

Aside from the main event, there is also a Kid's Festival of Ideas being held on Saturday, Nov. 20 at 10 a.m.

The Kid's event is being held at the Enterprise Square Atrium and will focus on truth-seeking and myth-busting for

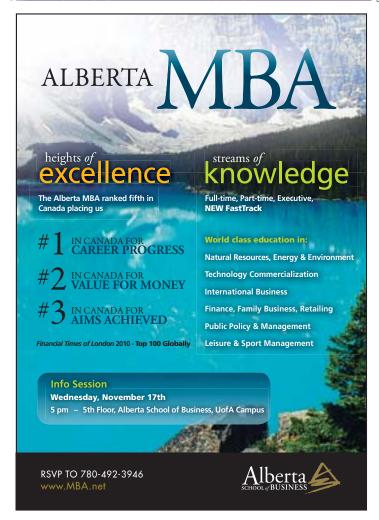
kids.

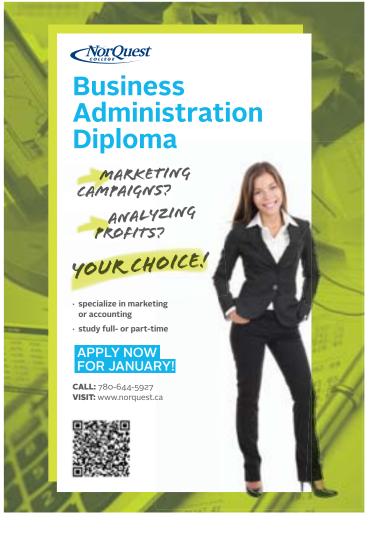
It is a free event.

Although this event may not actually be going to Grande Prairie, rap artist Baba Brinkman's performance it will be streamed live up north and then a live discussion will take place.

To catch him live, his performance will be taking place Saturday Nov. 20 at the CBC Centre Stage at 1 p.m. It is a free event.

O CANDICE WARD





Historic day for women's hockey

• James, Granato blaze new path as first women inducted to the Hockey Hall of Fame

Thanks to Angela James and Cammi Granato, women are finally in the Hockey Hall of Fame. But the breakthrough

moment comes at a time when female players are still defending their game.

"It just comes with the territory because we're used to doing that, we're used to defending ourselves," Granato said yes-terday. "I had to defend myself from the time when I was in a rink when I was a little kid and people won-dered, 'Why is she play-

"We just have to keep repeating ourselves over and over ... But this helps, I tell you, being here."

Some hockey observers had wondered if the day would ever come. But yesterday morning, James and Granato accepted their rings with former NHLer Dino Ciccarelli and builder Iim Devellano.

The late Daryl (Doc) Seaman, one of the founders of the Calgary Flames, was also inducted. The Hall of Fame estab-

lished separate induction criteria for females this year, paving the way for James and Granato to receive plaques alongside the game's greats. It was a proud moment not only for both women, but for many others involved with the sport they love.

Just months ago, James was dismayed when International Olympic Commitpresident Jacques



Rogge sounded a warning bell about women's hockey Vancouver during the Games. Canada and the U.S. outscored their opposition 88-4 during the Olympics, prompting Rogge to say: "We cannot continue without improve-

"I just don't understand why they have to justify themselves, how good they are," said James. "They've worked really hard to get to where they are, they've made a lot of sacrifices. We

"Having this committee and this Hall accept us really helps."

CAMMI GRANATO

should just embrace it.

'Women's hockey is still in its infancy. We really have to understand that when men's hockey start-ed off, there were dominant countries and the countries slowly picked up - no different than even today in the

The high point of Granato's career came while James was experiencing one of her most trying periods in the game. The Toronto native was left off the Canadian team when women's hockey made its debut at the 1998 Olympics in Nagano, an event where Granato and the U.S. team won gold with a victory over Canada.

Granato thinks James' omission played a big part in the American victory. "We were shocked, ab-

solutely shocked, couldn't understand," said Granato. "She had been their clutch player forever. When you're going into the biggest tournament of your life, why wouldn't she be there? It's an advantage to Team USA right there and it's unfortunate for her because she had really trailblazed for so long and led her team for so long.

"It's just an injustice that she never got to be in an Olympics.'

THE CANADIAN PRESS

Ugly season costs Phillips his job with Cowboys

Wade Phillips was fired yesterday as coach of the Dallas Cowboys, with offensive co-ordinator Jason Garrett promoted to take his place.

Garrett played for the Ottawa Rough Riders in

Owner/general manager Jerry Jones decided enough was enough following a 45-7 loss to the Green Bay Packers the night before. It was the Cowboys' fifth straight loss, dropping 34-22

Phillips's record over 41/2 seasons guiding the Cowboys.

them to 1-7.

"We are grateful to Wade and his contribution to the Cowboys, leading us." Iones said. "We also clearly understand we are not where we want to be at this time, and that's an understatement. We share the

responsibility — all of us." This is the Cowboys worst season since 1989 and among the worst in franchise history by record alone. Realistically, it's the low point considering Dallas was coming off a division title and a playoff win, and was expected to con-tend for the Super Bowl that'll be held at Cowboys

THE ASSOCIATED PRESS

Sports in brief



Lee not in any rush to sign

MLB. Cliff Lee will be taking a slow approach to free agency. "We're just

gathering information. That's always the early stages of this process, agent Darek Braunecker said yesterday, a day after the former AL Cy Young Award winner became a free agent.

THE ASSOCIATED PRESS

Als president steps down

CFL. Montreal Alouettes president Larry Smith is stepping down.

The 59-year-old says he felt it was time for a change, both for him and for the club.

THE CANADIAN PRESS



Quoted



"Spit came out of my mouth when I said something to the dude, and that was it. It wasn't on purpose. I'm not that kind of player."

BALTIMORE RAVENS FULLBACK LE'RON MCCLAIN. THE DOLPHINS WANT HIM INVESTIGATED FOR WHAT THEY SAY WAS INTENTIONAL SPITTING IN THE FACE OF LINEBACKER CHANNING CROWDER.

"As a man, you spit in somebody's face, you crossed the line. Where I'm from, that'll get you killed, straight up."

DOLPHINS LINEBACKER KARLOS DANSBY



NHL

FACT	FEDA	COL	IFFDF	NICE
EAS	EKN	LUI	NFERE	NUE

	GP	W	L	OTL	SL	GF	GΑ	Pts	Home	Away	Last 10	Strk
d-Washington	14	10	4	0	0	47	34	20	7-1-0-0	3-3-0-0	7-3-0-0	W4
d-Philadelphia	15	9	4	2	0	45	34	20	6-3-0-0	3-1-2-0	7-2-1-0	L1
d-Montreal	14	8	5	1	0	34	33	17	3-3-1-0	5-2-0-0	6-4-0-0	L1
Tampa Bay	13	7	4	2	0	39	39	16	3-1-1-0	4-3-1-0	4-4-2-0	L3
Boston	11	7	3	0	1	33	20	15	2-2-0-1	5-1-0-0	7-2-0-1	L2
NY Rangers	14	7	6	1	0	38	38	15	2-4-1-0	5-2-0-0	6-4-0-0	L1
Ottawa	14	7	6	1	0	36	40	15	4-3-0-0	3-3-1-0	6-4-0-0	W3
Atlanta	14	6	5	1	2	44	51	15	2-3-0-1	4-2-1-1	4-3-1-2	L2
Pittsburgh	15	7	7	1	0	43	39	15	2-4-0-0	5-3-1-0	5-4-1-0	W1
Carolina	14	7	7	0	0	42	44	14	3-2-0-0	4-5-0-0	5-5-0-0	W1
Toronto	13	5	5	1	2	31	34	13	3-3-1-1	2-2-0-1	2-5-1-2	L5
Florida	12	5	7	0	0	36	33	10	3-2-0-0	2-5-0-0	5-5-0-0	L1
NY Islanders	14	4	8	1	1	35	50	10	2-2-0-1	2-6-1-0	3-7-0-0	L7
Buffalo	15	4	9	2	0	37	48	10	0-6-1-0	4-3-1-0	3-6-1-0	W1
New Jersey	15	4	10	1	0	25	48	9	0-5-1-0	4-5-0-0	3-7-0-0	L1
WESTERN CON	NFE	REN	CE									
	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk

GP W L OTL SL GF GA Pts Home

d-St. Louis	12	9	1	1	1	32	18	20	6-0-0-0	3-1-1-1	7-1-1-1	W7
d-Los Angeles	13	10	3	0	0	39	26	20	6-0-0-0	4-3-0-0	8-2-0-0	W4
d-Vancouver	13	8	3	0	2	40	32	18	6-0-0-1	2-3-0-1	7-2-0-1	W6
Detroit	13	9	3	0	1	42	34	19	5-1-0-1	4-2-0-0	6-3-1-0	W1
Chicago	17	8	8	1	0	50	51	17	4-4-0-0	4-2-1-0	4-6-0-0	L1
Minnesota	13	7	4	0	2	32	30	16	5-3-0-1	2-1-0-1	6-3-0-1	W3
Dallas	13	8	5	0	0	43	37	16	5-3-0-0	3-2-0-0	5-5-0-0	L1
Columbus	13	8	5	0	0	32	32	16	4-4-0-0	4-1-0-0	7-3-0-0	L1
Colorado	13	7	5	1	0	45	42	15	3-3-0-0	4-2-1-0	5-4-1-0	W1
Anaheim	15	7	7	0	1	40	50	15	5-1-0-1	2-6-0-0	6-4-0-0	W3
San Jose	12	6	4	2	0	34	30	13	3-2-1-0	3-3-0-0	5-5-0-0	W1
Nashville	13	5	5	3	0	31	38	13	2-1-3-0	3-4-0-0	2-5-3-0	L5
Phoenix	14	4	5	4	1	35	55	13	2-2-2-1	2-3-2-0	3-3-3-1	L3
Calgary	13	6	7	0	0	35	38	12	4-4-0-0	2-3-0-0	5-5-0-0	L4
Edmonton	12	4	6	0	2	34	41	10	2-4-0-0	2-2-0-2	2-6-0-2	W1

 $d-\text{division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column. \\$

Last night's result Detroit 3 Phoenix 2 (OT) Sunday's results Edmonton 2 Chicago 1 Anaheim 5 Nashville 4 St. Louis 2 N.Y. Rangers 0 Washington 3 Philadelphia 2 (OT) Saturday Results Ottawa 3 Montreal 2 Vancouver 6 Detroit 4 Vancouver 6 Detroit 4 Buffalo 3 Toronto 2 (SO) Carolina 3 Florida 2 Chicago 5 Atlanta 4 (SO) Colorado 5 Dallas 0 Los Angeles 4 Nashville 1

Minnesota 3 Columbus 2 Philadelphia 2 N.Y. Islanders 1 Pittsburgh 4 Phoenix 3 (SO) San Jose 5 Tampa Bay 2 St. Louis 2 Boston 1 (SO) Tonight's games

(All times Eastern) (All times Eastern)
Washington at N.Y. Rangers, 7 p.m.
Edmonton at Carolina, 7 p.m.
Vancouver at Montreal, 7:30 p.m.
Atlanta at Ottawa, 7:30 p.m.
Toronto at Tampa Bay, 7:30 p.m.
Calgary at Colorado, 9:30 p.m.
Anaheim at San Jose, 10:30 p.m.

SCORING LEADERS

Los / mycres / reash / mc 2							
SCORING LEADERS				Visnovsky, Ana	2	11	13
	G	Α	PT	Ribeiro, Dal	0	13	13
Stamkos, TB	11	11	22	Alfredsson, Ott	6	6	12
Crosby, Pgh	9	10	19	Neal, Dal	5	7	12
Ovechkin, Wash	8	10	18	Stoll, LA	5	7	12
B.Richards, Dal	6	12	18	Skinner, Car	5 3	9	12
Sharp, Chi	10	7	17	Cullen, Minn	3	9	12
Selanne, Ana	7	10	17	Leino, Pha	3		12
Getzlaf, Ana	6	11	17	Wisniewski, NYI	1	10 11	12
Eriksson, Dal	9	7	16	Keith, Chi	7	4	11
D.Sedin, Vcr	9	7	16	Hossa, Chi	7	4	
C.Stewart, Col	9	7	16	MacArthur, Tor Horton, Bos	6	5	11
H.Sedin, Vcr	2	14	16	E.Staal, Car	6	5	11
Semin, Wash	9	6	15	J.Carter, Pha	5	6	11
Datsyuk, Det	6	9	15	Plekanec, Mtl	5	6	11
Heatley, SJ	6	9	15	Kopitar, LA	4	7	11
P.Kane, Chi	6	9	15	Anisimov, NYR	3	8	11
Perry, Ana	5	10	15	Morrison, Cal	3	8	11
J.Thornton, SJ	5	10	15	Duchene, Col	2	9	11
Zetterberg, Det	4	11	15	Enstrom, Atl	2	9	11
Lidstrom, Det	2	13	15	Liles, Col	0	11	11
Dubinsky, NYR	10	4	14	R.Bourque, Cal	7	3	10
Giroux, Pha	7	7	14	Kostitsvn, Mtl	6	4	10
Roy, Buf	7	7	14	Moulson, NYI	6	4	10
St. Louis, TB	6	8	14	Booth, Fla	5	5	10
J.Williams, LA	6	8	14	Lucic, Bos	5	5	10
Hejduk, Col	5	9	14	Halpern, Mtl	4	6	10
Ryan, Ana	5	9	14	Hemsky, Edm	4	6	10
Toews, Chi	5	9	14	Malhotra, Vcr	4	6	10
Backstrom, Wash	4	10	14	Malkin, Pgh	4	6	10
Marleau, SJ	6	7	13	Bertuzzi, Det	2	8	10
Byfuglien, Atl	5	8	13	Gonchar, Ott	2	8	10
P.Stastny, Col	5	8	13	Krejci, Bos	2	8	10
Callahan, NYR	4	9	13	Peverley, Atl	2	8	10
Ladd, Atl	4	9	13	Edler, Vcr	1	9	10
M.Koivu, Minn	3	10	13	Oshie, StL	1	ģ	10
Letang, Pgh	3	10	13	Whitney, Edm	0	10	10
M.Richards, Pha	3	10	13	F Kane Atl	7	2	- (

NBA

EASTERN CONFERENCE

			_						
ATLANTIC DIVISION									
	W	L	Pct	GB					
Boston	6	2	.750	_					
New York	3	3	.500	2					
New Jersey	2	4	.333	3					
Philadelphia	2	5	.286	31/2					
Toronto	1	6	.143	41/2					
SOUTHEAST DI	SOUTHEAST DIVISION								
Orlando	5	1	.833	_					
Atlanta	6	2	.750	_					
Miami	5	2	.714	1/2					
Washington	1	4	.200	31/2					
Charlotte	1	6	.143	41/2					
CENTRAL DIVIS	ION								
Chicago	3	3	.500	_					
Cleveland	3	3	.500	_					
Indiana	2	3	.400	1/2					
Detroit	2	5	.286	11/2					
Milwaukee	2	5	.286	11/2					

WESTERN CONFERENCE

SOUTHWEST I	DIVISION	ı		
	W	L	Pct	GB
New Orleans	6	0	1.000	_
San Antonio	5	1	.833	1
Dallas	4	2	.667	2
Memphis	4	4	.500	3
Houston	1	5	.167	5
NORTHWEST I	DIVISION	ı		
Portland	5	3	.625	_
Denver	4	3	.571	1/
Oklahoma City	3	3	.500	1
Utah	3	3	.500	1
Minnesota	1	6	.143	31/2
PACIFIC DIVISI	ON			
L.A. Lakers	7	0	1.000	_
Golden State	5	2	.714	2
Sacramento	3	3	.500	31/2
Phoenix	3	4	.429	4
I A Clinnous	4		1/12	

Phoenix L.A. Clippers Last night's results San Antonio 95, Charlotte 91 Orlando 93, Atlanta 89 Golden State 109. Toronto 102 Golden State 109, Toronto 102
Chicago 94 Denver 92
Memphis 109, Phoenix 99
Dallas 89, Boston 87
Sunday's results
Philadelphia 106, New York 96
Phoenix 118, Atlanta 114
Detroit 102, Golden State 97
Houston 120, Minnesota 94
Roston 92, Oklahoma Cith 83

Boston 92, Oklahoma City 83 L.A. Lakers 121, Portland 96 Tonight's games

(All times Eastern) (All times Eastern)
Denver at Indiana, 7 p.m.
Cleveland at New Jersey, 7 p.m.
Utah at Miami, 7:30 p.m.
New York at Milwaukee, 8 p.m.
L.A. Clippers at New Orleans, 8 p.m.
Detroit at Portland, 10 p.m.
Minnesota at L.A. Lakers, 10:30 p.m.

WARRIORS 109, RAPTORS 102

WARRIORS 109, RAPTORS 102
GOLDEN STATE (109)
D.Wiright 1-54-47, Lee 6-11.2-214, Biedrins 450-28, Curry 12-21.8-83 4, Ellis 10-177-928,
B.Wright 4-8 -18, Lin 0-23-43, Carney 2-3005, Williams 0-12-22, Radmanovic 0-10-00.
Totals 39-742 6-32 109.
TORONTO (102)
Kleiza 8-16.2-420, Evans 0-20-00, Bargnani
5-10-0-011, Jack 7-13-9-10 24, DeRozan 4-8008, Andersen 3-6-22-8, Barbosa 3-81-27,
Calderon 0-40-00, Johnson 3-76-712,
Weems 5-9-2-21. Totals 3-83-83-22-7102.

Weems 5-9 2-2 12. Totals 38-83 22-27 102.

Golden State 26 29 29 25 109 Toronto 19 22 31 30 102 3-Point Goals—Golden State 5-16 (Curry 2-4, 3-Point Goals—Golden State 5-16 (Curry 2-4, Carmey 1-2, Elis 1-3, D.Wright 1-4, Lin 0-1, Radmanovic 0-1, Williams 0-1), Toronto 4-14 (Kleiza 2-7, Bargnani 1-1, Jack 1-3, Andersen 0-1, Barbosa 0-2). Fouled Out—Lee. Rebounds—Golden State 50 (Lee 12), Toronto 1 (Kleiza 7). Assists—Golden State 50 (Lee 12), Toronto 19 (Jack 8). Total Fouls—Golden State 26, Toronto 23. Technicals—Foronto defensive three second. A—14,127 (19,800) at Toronto.

GOLF

MODED COLEDANIZING

WORLD GOLF RAN	IKING
THROUGH NOV. 7	
1. Lee Westwood	Eng
2. Tiger Woods	USA
Martin Kaymer A. Phil Mickelson	Ger USA
5. Steve Stricker	USA
6. Jim Furyk	USA
7. Paul Casey	Eng
8. Luke Donald	Eng
9. Rory McIlroy 10. Graeme McDowell	NIr NIr
11. Matt Kuchar	USA
12. Ernie Els	SAf
13. Dustin Johnson	USA
14. Francesco Molinari	Ita
15. Ian Poulter 16. Hunter Mahan	Eng USA
17. Edoardo Molinari	lta .
18. Retief Goosen	SAf
19. Zach Johnson	USA
20. Padraig Harrington	Irl
21. Robert Allenby	Aus SAf
22. Louis Oosthuizen 23. Anthony Kim	USA
24. Bubba Watson	USA
25. Justin Rose	Eng
26. Miguel Angel Jimenez	Esp
27. Ross Fisher	Eng
28. Rickie Fowler 29. Nick Watney	USA
30. Camilo Villegas	Col
31. Tim Clark	SAf
32. Sean O'Hair	USA
33. Charl Schwartzel	SAf
34. Jason Day 35. Ben Crane	Aus USA
36. Robert Karlsson	Swe
37. Y.E. Yang	Kor
38. Geoff Ogilvy	Aus
39. Peter Hanson	Swe
40. Kim Kyung-Tae 41. Adam Scott	Kor Aus
42. Ryan Moore	USA
43. Bo Van Pelt	USA
44. Stewart Cink	USA
45. K.J. Choi	Kor
45. Ryo Ishikawa 47. Henrik Stenson	Jpn Swe
48. Martin Laird	Sco
49. Lucas Glover	USA
50. Jeff Overton	USA
51. Charley Hoffman 52. Angel Cabrera	USA
53. Alvaro Quiros	Arg Esp
54. Yuta Ikeda	Jon
54. Yuta Ikeda 55. Heath Slocum	USA
56. Ryan Palmer	USA
57. Bill Haas	USA
58. Kevin Na 59. Kenny Perry	USA USA
60. Richard Green	Aus
61. Scott Verplank	USA
62. Hiroyuki Fujita	Jpn
63. J.B. Holmes	USA
64. Rhys Davies 65. Liang Wen-Chong	Wal Chn
66. Noh Seung-yul	Kor
67. David Toms	USA
68. Fredrik Andersson Hed	Swe
69. Danny Willett 70. Sergio Garcia	Eng
70. Sergio Garcia	Esp
71. Brian Davis 72. Ricky Barnes	Eng USA
Alea	UJM

102. Stephen Ames 142. Mike Weir SOCCER

SPAIN

LA LIGA

Yesterday's result Sevilla 2, Valencia 0

MLS PLAYOFFS

Sunday's game FC Dallas at Los Angeles, 9 p.m.

EASTERN CONFERENCE CHAMPIONSHIP San Jose at Colorado, 9:30 p.m.
WESTERN CONFERENCE CHAMPIONSHIP

TRANSACTIONS

BASEBALL

LEAGUE OFFICE—Announced Tohoku Rakuten (Japan Pacific League) has accepted Oakland's bid for the negotiating rights to RHP Hisashi

AMERICAN LEAGUE

DETROIT TIGERS—Agreed to terms with SS Jhonny Peralta on a two-year contract. TORONTO BLUE JAYS—Named Don Wakamatsu bench coach, Dwayne Murphy hitting coach, Torey Lovullo first-base coach and Pat Hentgen bullpen coach.

NATIONAL LEAGUE

NEW YORK METS—Named Paul DePodesta vice president, player development and ama-teur scouting. PITSBURGH PIRATES—Agreed to terms with LHP Justin Thomas on a minor league con

AMERICAN ASSOCIATION

GARY SOUTHSHORE RAILCATS—Acquired INF Brian Kolb from Evansville (Frontier) to complete an earlier trade.

FOOTBALL

NFI

4.07 4.03 3.91 3.85 3.83

3.57

3.10 3.05 3.04 3.01

DALLAS COWROYS—Fired coach Wade Phillips. Promoted offensive coordinator Jason Garrett to head coach. GREEN BAY PACKERS—Released CB AI Har-

ris.
KANSAS CITY CHIEFS—Signed LB Derrick
Johnson to a five-year contract extension.
WASHINGTON REDSKINS—Placed S Chris
Horton on injured reserve.

SOCCER

BALTIMORE BLAST—Signed D Pat Morris and 6 Nick Hovaker. Acquired F Worteh Sampson from Missouri for future considerations.

HOCKEY

CHICAGO BLACKHAWKS—Assigned F Jeremy Morin to Rockford (AHL). MONTREAL CANADIENS—Waived F Dustin

Boyd. NEW JERSEY DEVILS—Placed LW Zach Parise on injured reserve. Activated D Matt Corrente from injured reserve. Recalled RW Mattias

from injured reserve. Recalled RW Mattias Tedenby from Albany (AHL). NEW YORK RANGERS—Assigned F Evgeny Grachev to Harfrod (AHL). OTTAWA SENATORS—Reassigned F Zack Smith to Binghamton (AHL). STLOUIS BLUES—Assigned F Nick Drazenovic to Peoria (AHL). TAMPA BAY LIGHTNING—Named Martha Fuller risking flongial officer.

Fuller chief financial officer. AHL

2.09 2.05 2.04 2.02 2.02 2.00 1.96

CHICAGO WOLVES—Reassigned D Dave Phillips to Toledo (ECHL). Central Hockey LAREDO BUCKS—Traded F Matt Robinson to Wichita for future considerations. Signed F

Darryl Smith.
RIO GRANDE VALLEY KILLER BEES—Placed F
Greg Holt on waivers. Signed F Ryan McLeod
and F Anton Kharin.
TULSA OILERS—Placed F Jason Weeks on

CFL

WEEK 20

PLAYOFFS

East Division
Toronto at Hamilton, 1 p.m.
West Division B.C. at Saskatchewan, 4:30 p.m.

EAST

AMERICAN CONFERENCE

	W	L	T	Pct	PF	PA
N.Y. Jets	6	2	0	.750	182	130
New England	6	2	0	.750	219	188
Miami	4	4	0	.500	143	175
Buffalo	0	8	0	.000	150	233
SOUTH						
	W	L	Т	Pct	PF	PA
Tennessee	5	3	0	.625	224	150
Indianapolis	5	3	0	.625	217	168
Jacksonville	4	4	0	.500	165	226
Houston	4	4	0	.500	193	226
NORTH						
	W	L	Т	Pct	PF	PA
Baltimore	6	2	0	.750	175	139
Pittsburgh	6	2	0	.750	174	123
Cleveland	3	5	0	.375	152	156
Cincinnati	2	6	0	.250	167	190
WEST						
	W	L	Т	Pct	PF	PA
Kansas City	5	3	0	.625	183	145
Oakland	5	4	0	.556	235	188
San Diego	4	5	0	.444	239	197
Denver	2	6	0	.250	154	223

Vakiand	>	4	U	.556	235	188
San Diego	4	5	0	.444	239	197
Denver	2	6	0	.250	154	223
NATIONAL	CO	NF	ERE	NCE		
EAST						
	W	L	Т	Pct	PF	PA
N.Y. Giants	6	2	0	.750	216	160
Philadelphia	5	3	0	.625	198	181
Washington	4	4	0	.500	155	170
Dallas	1	7	0	.125	161	232
SOUTH						
	W	L	T	Pct	PF	PA
Atlanta	6	2	0	.750	196	154
New Orleans	6	3	0	.667	201	151
Tampa Bay	5	3	0	.625	157	190
Carolina	1	7	0	.125	88	184
NORTH						
	W	L	T	Pct	PF	PA
Green Bay	6	3	0	.667	221	143
Chicago	5	3	0	.625	148	133
Minnesota	3	5	0	.375	156	168
Detroit	2	6	0	.250	203	188
WEST						
	W	L	T	Pct	PF	PA
St. Louis	4	4	0	.500	140	141
Seattle	4	4	0	.500	130	181
Arizona	3	5	0	.375	157	225
San Francisco	2	6	0	.250	137	178
WEEL MINI	_					

WEEK NINE

Byes: Denver, Jacksonville, San Francisco, St. Louis, Tennessee, Washington Last night's result Pittsburgh 27 Cincinnati 21 Yesterday's results Atlanta 27 Tampa Bay 21 Atlanta 27 Tampa Bay 31 Baltimore 26 Miami 10 Cleveland 34 New England 14 Minnesota 27 Arziona 24 (OT) New Orleans 34 Carolina 3 N.Y. Giants 41 Seattle 7 N.Y. Jets 23 Detroit 20 (OT) Oakland 23 Kanass City 20 (OT) Philadelphia 26 Indianapolis 24 San Diego 29 Houston 23 Green Bay 45 Dallas 7 At Toronto Chicago 22 Buffalo 19

WEEK 10

Byes: Green Bay, New Orleans, Oakland, San

(All times Eastern) Thursday's game Baltimore at Atlanta, 8:20 p.m. Sunday, Nov. 14

Minnesota at Chicago, 1 p.m.
Tennessee at Miami, 1 p.m.
Detroit at Buffalo, 1 p.m.
Houston at Jacksonville, 1 p.m. N.Y. Jets at Cleveland, 1 p.m. Cincinnati at Indianapolis, 1 p.m. Carolina at Tampa Bay, 1 p.m.
Kansas City at Denver, 4:05 p.m.
Ballas at N.Y. (Galts, 4:15 p.m.
St. Louis at San Francisco, 4:15 p.m.
St. Louis at San Francisco, 4:15 p.m.
New England at Pittsburgh, 8:20 p.m.
Monday, Nov. 15
Philadelphia at Washington, 8:30 p.m.

HE BEST THING

NEW Crossword and Suduko updated daily.







Crossword

- 1 Typeface option 5 Coll. transcript no.
- 8 Afrikaner
- 12 Unsigned (Abbr.)
- 13 Antiquated
- 14 Busy with
- 15 Imaginary objects
- of fear
- 17 Weaponry
- 18 Donkey
- 19 Allow 20 English composi-
- tion
- 21 Pleasure 22 PC peripheral con-
- nection
- 23 Molded jelly
- 26 Investigation
- 30 moss
- 31 Chinese chairman
- of yore 32 Zilch
- 33 Kodak inventor George
- 35 Karenina and
- Kournikova
- 36 Dine on 37 Hobbyist's abbr.
- 38 Tusk material
- 41 Scarlet
- 42 "Eureka!" 45 Branch
- 46 Virus that with-
- stands medication 48 Stead
- 49 Favorite
- 50 Christmas
- 51 Vocalize
- 52 Blond shade
- 53 Greek vowels

Down

1 Ali -

16 ш ·iII i'I

- 2 Responsibility 3 Fireplace supply
- 4 Genetic evidence 5 Viscous
- 6 Contrive
- 7 Billboards
- 8 Fudd foe 9 Piece of work
- 10 Sicilian spouter 11 Optimistic
- 16 United nations 20 Barrister's title
- (Abbr.) 21 Jazzy two-step
- 22 Popular card game
- 23 Mimic 24 Caribbean, e.g.
- 25 de deux

- 26 Author Flemina
- 27 Charged bit
 - 28 Cousin of 4-Down 29 "Of course"
 - 31 Wrestling surface
- 34 Spring month 35 Staffer
- 37 Profundity
- 38 Woes
- 39 Henry 40 Portent
- 41 Wishes otherwise
- 42 Touch
- 43 Hawaiian dance 44 Census statistics
- 46 Resort
- 47 "Catcher in the —'

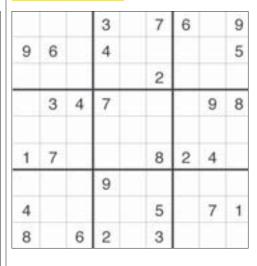
➤ Yesterday's answer



For today's crossword answers and for

expanded horoscopes, go to metronews.ca

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

look at the weather

WEDNESDAY

Min -6° Max 2°



THURSDAY

Min -7

Max 2

Send a

Show some love! Send a note to somebody special at kiss@metronews.ca

Alysha, you're optimistic, fun, kind and beautiful, You remind me of who I strive to be. When you fall asleep on my shoulder, I wish time wouldn't go so fast. Can't wait for tonight, ~ DAVID

Da Bunny, My beautiful sweet one, I belong to you. Your essence, energy, spirit & love are as amazing as the morning sun. I'll love you alwiz. ROOSTER.

Happy Birthday to Tatiana (TK) — best mom in the world. Your contagious enerav is inspirina to everyone! Wishing you all the best on your special day! LOVE, MARINA, SERGE, SID

Panda, our horoscopes say we were made for each other! You make me deliriously and hopelessly in love and my heart has now cosmic-supernova grown for you. YOUR PINK FLAMINGO

MENESE B S

Today's horoscope

T Aries March 21-April 20

Have as much fun as you can handle today and don't feel in the least bit guilty about it. You will enjoy yourself more if you go out with friends than if vou stav close to home.

¥ Taurus April 21-May 21 Even if you are the kind of Taurus who prefers to keep your feelings under wraps you will open your heart to the world today. Others won't laugh at

II Gemini May 22-June 21 If opposites really do attract you will find yourself getting along with someone today who, on the surface, is about as different to you as chalk is to cheese. In fact you are two parts to a single whole.

Gancer June 22-July 22

Sometimes your old-fashioned way of doing things works in your favor and sometimes it doesn't, but today it is much more likely to be the former.

Ω Leo July 23-Aug.23 You feel like you could take on the world and win, and maybe you could, but don't scatter your energy in all directions when there is one specific task that needs to be done.

MP Virgo Aug. 24- Sept. 22 What happens today may take you by surprise but if you think about it you will realize you have been through similar situations on numerous previous occasions, so why worry? There really is nothing new under the sun.

 ← Libra Sept. 23-Oct. 23 No matter how many things have gone wrong in the past everything will go right for you today, especially socially where, for one reason or another, you have not been at your best in recent weeks.

M Scorpio Oct. 24-Nov. 22 Stay calm and use logic, rather than emotion to solve a problem that has defeated many good people. The trick is to see what is actually there, rather than what you want to see.

Nov. 23-Dec. 21 Mercury in your sign will help you think and see clearly. Others will be amazed at how quickly you reach the correct decision and will see vou as some kind of auru.

り Capricorn Dec. 22-Jan. 20

TODAY

Min -4° Max 6°

A more introvert phase has begun and you have no desire to spend your valuable time partying or pursuing aims that are ultimately self-defeating.

Aquarius Jan. 21-Feb. 18 You don't have to defend your beliefs against people who seem to delight in knocking down dreams they don't understand. If you are happy with what you see as the truth that's all that matters.

H Pisces Feb. 19-March 20

Mercury, planet of communication, is moving through the career area of your chart, so if you need to reach out to bosses and other important people now is as good a time as anv.

SALLY BROMPTON



weather. It fascinates me, and as we know around here, it's always

changing, keeping forecasters on their toes". WEEKDAYS 6AM

You write it! Write a funny cap

tion for the image to the right and send it to plav@metronews.ca the winning caption will be published in tomorrow's Metro





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AIR CANADA 🏶 VACATIONS

Deals of the

NON-STOP FLIGHTS

MEXICO

Cancun/Riviera Maya Gran Bahia Principe Tulum • 5 ★

All-Inclusive • Standard rm. Jan. 11 • 1 wk.

\$1309

+Taxes & other fees: \$244

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4 ★

All-Inclusive Traditional standard rm. Dec. 30 • 1 wk. FREE upgrade to oceanfront rm.



JAMAICA

Gran Bahia Principe Jamaica • 4 1/2 ★

All-Inclusive Junior suite Dec. 30 • 1 wk.



FLIGHTS VIA CALGARY

MEXICO

Puerto Vallarta/Riviera Nayarit

Dreams Villamagna Nuevo Vallarta • 4 1/2 ★

Unlimited-Luxury® Junior suite tropical view with jacuzzi Nov. 20 & 27 • 1 wk.

Tesoro Ixtapa • 3 1/2 ★

All-Inclusive • Deluxe rm.



\$1689

CUBA

Varadero

Sirenis La Salina Varadero Beach Resort • 4★

All-Inclusive • Standard rm. Jan. 2-23 • 1 wk.

Santa Clara Royal Hideaway Ensenachos • 5 ★

All-Inclusive Royal spa premium rm. Jan. 1-22 • 1 wk.



DOMINICAN REPUBLIC

Punta Cana

Occidental Grand Punta Cana • 4★

All-Inclusive • Junior suite Dec. 21 • 1 wk.

Gran Bahia Principe Punta Cana • 4 1/2 ★

All-Inclusive Junior suite Dec. 28 • 1 wk.

USA via Calgary

Phoenix

Dec. 25 • 1 wk.

Hotel Indigo Scottsdale • 3★

Ixtapa/Zihuatanejo

Continental breakfast Dec. 1, 3 & 5-7 • 3 nts.

\$649

HAWAII | Maui

Maui Coast Hotel • 3★

Double deluxe Jan. 10 • 1 wk.

\$**989**

\$**649**

+Taxes & other fees: \$144

CRUISE

Celebrity Cruises² Celebrity SummitSM

Southern Caribbean Cruise Flight to San Juan via Toronto Interior stateroom, cat. 10 Jan. 15 • 1 wk.



THE VENETIAN & THE PALA770

USA

Las Vegas via Vancouver or Calgary

The Venetian • 5 ★

Continental breakfast • Venezia bella suite Dec. 13 & 14 · 3 nts.

The Palazzo Resort, Hotel & Casino • 5 ★

Luxury suite Dec. 13 & 14 · 3 nts.

\$649

Midnight RUSH

One mystery destination from Mexico or the Caribbean will be on SUPER SALE GHT (EST) to Friday at 9 a.m. (EST) Thursday at I

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